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ABSTRACT OF THE DISCLOSURE

An apparatus and method for retaining a length of fiber optic cable to a circuit board includes a spool-shaped retention apparatus. A body portion of the apparatus includes a channel formed about the periphery of the body portion for receiving and retaining a portion of the length of fiber optic cable in an arc having a radius greater than a minimum bend radius of the fiber optic cable. A plurality of legs extend from the body portion, each of the legs is adapted to be received in a mounting opening formed in the PC board. Each of the spaced legs may include a foot portion adapted for securing the body to the circuit board.

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